

OSCE

Family Planning

Dr. Ranjesta Kumari A.A.M.S

Skill Station : Counseling the woman for choosing contraceptive method

- Situation : Mrs. Sneha Kumari, 32 Years old, mother of 2 daughters 5 and 3 years old, is visiting for counselling by you on Family planning choices.
- Now you will counsel her on choosing a contraceptive method.
- **Observation** : Observe if the participant is performing the following steps in their correct sequence (as necessary).

TASK	Score 1 / 0
• Greets the patient	
• Ask and confirms about age	
• Ask about relationship (regular/ multiple partners)	
• Menstrual history	
• Recent pregnancy/ breast feeding	
• Previous contraception	
• Current and Past medical history	
• Drug history & allergies	
• Addiction history	
• Family History: Breast cervical cancer, Migraine with aura, Deep vein thrombosis	
• BP, weight & height	

TASK	Score 1 / 0
Ask them what they are hoping to get out of the consultation	
Ask them what they know so far	
Tell them about various contraceptives available	
Try to determine which type of method will be most appropriate	
Any preferences	
Preferred mode	
Ability to remember to take pills	
Would she tolerate injections	
Help to choose a method based on the preferences and suitability	
Explain the method in more detail	
How it works	
Treatment course	

TASK	Score 1 / 0
Side effects and effects on menstrual cycles if any	
Advantages and disadvantages of the method	
Advise them to return again if they wish to discuss any further details	
Advise for a follow up visit	
Summarize and close the conversation.	

Explaining the instructions for OCP use

- Situation : Mrs. X, 24 Years old, is visiting for adopting OCP as a contraceptive.
- Now you will assess her suitability and explain her the instructions for usage of the same.
- **Observation** : Observe if the participant is performing the following steps in their correct sequence (as necessary).

TASK	Score 1 / 0
<ul style="list-style-type: none"> • Greets the patient 	
<ul style="list-style-type: none"> • Confirms the age and number of children if any. 	
<ul style="list-style-type: none"> • Asks about relationship (regular/ multiple partners) 	
<ul style="list-style-type: none"> • Asks about Menstrual history 	
<ul style="list-style-type: none"> • Asks about Current and Past medical history: Hyperlipidemia, diabetes, cardiac problems, hyperlipidemia, stroke, Active liver/ gall bladder disease, thrombophlebitis, Migraine with aura 	
<ul style="list-style-type: none"> • Asks about Drug history & allergies: Anticonvulsants and rifampicin 	
<ul style="list-style-type: none"> • Asks about Family History: Breast cervical cancer, Migraine with aura, Deep vein thrombosis 	
<ul style="list-style-type: none"> • Asks about Addiction history 	
<ul style="list-style-type: none"> • Records BP, weight & height 	

TASK	Score 1 / 0
<ul style="list-style-type: none"> Tells the woman to start the packet on 5th day of the menstrual cycle. 	
<ul style="list-style-type: none"> Tells to take one pill daily at bedtime for 28 days 	
<ul style="list-style-type: none"> Tells to start the new packet after all tablets are finished. 	
<ul style="list-style-type: none"> Explains about missed pill 	NA
<ul style="list-style-type: none"> If one pill is missed, take as soon as you remember and take the rest as usual 	
<ul style="list-style-type: none"> Missed two pills or more in first two rows (i.e. first 14 pills), take one pill as soon as she remembers and rest as usual. Use barrier method/ abstinence for 7 days 	
<ul style="list-style-type: none"> Missed 2/more pills inn the third row,), take one pill as soon as she remembers and rest as usual. Use barrier method/ abstinence for 7 days, throw the last row and start new pack after completion of the third row. 	
<ul style="list-style-type: none"> Missed any pill in 4th row: Throw the missed pill and take the rest as usual. Start a new pack as usual. 	

TASK	Score 1 / 0
• Summarizes and emphasizes on regular intake of medicines	
• Asks for any queries	
• Asks to return for follow up in case of missed periods	

Explaining the instructions for injectable contraceptives

- Situation : Mrs. X, 24 Years old, is visiting for adopting injectable contraceptive as a contraceptive.
- Now you will assess her suitability and explain her the instructions for usage of the same.
- **Observation** : Observe if the participant is performing the following steps in their correct sequence (as necessary).

TASK	Score 1 / 0
<ul style="list-style-type: none"> • Greets the patient 	
<ul style="list-style-type: none"> • Confirms the age and LMP 	
<ul style="list-style-type: none"> • Asks about LMP 	
<ul style="list-style-type: none"> • Asks about last delivery (C/I in early post-partum period) 	
<ul style="list-style-type: none"> • Rules out bleeding disorders 	
<ul style="list-style-type: none"> • Tells about time of administration: during first 5 days of menstrual cycle 	
<ul style="list-style-type: none"> • Instructs not to massage the site of injection 	
<ul style="list-style-type: none"> • Instructs to take the injection once in 3 months if DMPA is given or once in 2 m if NET En is given 	
<ul style="list-style-type: none"> • To come back on due date fro next injection 	

TASK	Score 1 / 0
<ul style="list-style-type: none">• Tells her that she will have her cycles once in 2-3 months depending on the injection	
<ul style="list-style-type: none">• Tells her that she should come back even if she is late	
<ul style="list-style-type: none">• Asks to return back if she has heavy bleeding	
<ul style="list-style-type: none">• Tells that the return of fertility is delayed by 4-6 months after stopping the drugs	
<ul style="list-style-type: none">• Asks her to return back in case of any other side effects.	